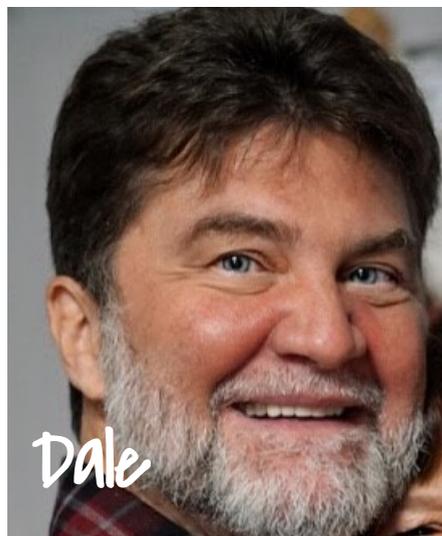


gMG  
NEVER  
RESTS

# MEET THE gMG AMBASSADORS

Get to know the real stories of Greg and Dale. See how they navigate daily life and stay hopeful while living with gMG.



# MEET GREG

He was diagnosed with gMG 18 years ago, and is

**"not afraid to live life."**



## Tell us about yourself, Greg.

"I have a wife, three children, a beagle named Remy, and a canary named Woody."

**Hobbies:** "Quite a few. I'm a member of four toastmasters clubs, a fisherman, a gardener, and I have a podcast."



**"I started a podcast called the eternal optimist. I wanted to get the word out to people that they don't have to be afraid to live life."**

**Favorite Comfort Food:** "Chili!!"

**Favorite Movie** "Ferris Bueller's Day Off"



## When did you first know you had gMG?

"When I was first diagnosed, I was slurring a lot. I saw my dentist, a general practitioner and a few neurologists. Fortunately, I had a test that said I have myasthenia gravis."

# MEET GREG



What do you value about your relationship with your doctor?

☆ "It's very important to have an open dialogue with your doctors, especially with your neurologist."

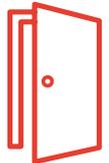
"My neurologist who diagnosed me 18 years ago once said to me, 'Greg, we are going to grow old together.' And those words have rung in my mind for a long time because it encapsulates that MG is, indeed, lifelong."



How do you manage uncontrolled gMG?

"It's an odyssey, because you never know what's going to happen."

"I've learned to walk with a cane even though I don't need it all the time. People tend to notice that you need help, holding doors and checking on you."



What advice would you give others with gMG?

"I want to get the word out to people with gMG, you don't have to be afraid to live life."

Watch my full story here ▶



# MEET DALE

Even after being diagnosed with gMG 5 years ago, he'll

"Keep pushing and won't quit."



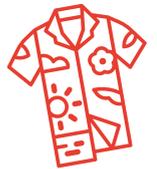
## What are some fun facts about you, Dale?

"I have a wife, a daughter and two sons. And a tiny dog named Teddy."

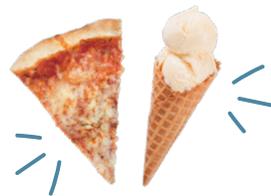
"I love the outdoors! I try to stay active and walk a lot. I push myself a lot. If I don't get up, my MG will get worse."



**Favorite Place:** "My absolute favorite place is Hawaii. I'd move there right now."



**Favorite Foods:** "Cheese pizza and French vanilla ice cream"



## When did you first know you had gMG?

"I was on a trip at a park in Florida with my family, and while I was there, I knew something wasn't right. I just didn't feel right. I went to my doctor, and got an EMG. The blood tests showed MG."



**EMG=Electromyography**

A diagnostic procedure that checks the health of muscles

# MEET DALE



## Do you make any modifications to manage gMG?

"I get double vision in my left eye from working on the computer for 10 hours a day. I try to take breaks regularly, but closing my eyes for the rest of the day is something I do to ease my double vision."



## What do you value about your relationship with your doctor?

"I have a very, very good working relationship with my doctor, and I think that is very key."

"I can say what I'm thinking. He says what he's thinking. And sometimes we agree to disagree, but we do have a very open relationship, where I don't think I have to hide anything, or pull any punches."



## What advice would you give others with gMG?

"You don't know where your gMG journey will take you, but don't quit. And don't lose that fighting spirit."

Watch my full story here 

